

Table 1–1
Intoxication and potential adverse health effects

	Intoxication effects	Potential adverse health effects
Alcohol	<ul style="list-style-type: none"> • reduced pain and anxiety • feeling of wellbeing • lowered inhibitions 	<ul style="list-style-type: none"> • trauma and a range of effects on cardiovascular, respiratory, gastrointestinal, haematological and neurological systems • dependence
Opioids <ul style="list-style-type: none"> • heroin • codeine • fentanyl • morphine • methadone • buprenorphine • pethidine 	<ul style="list-style-type: none"> • pain relief • euphoria • drowsiness 	<ul style="list-style-type: none"> • respiratory depression and arrest • nausea • confusion • constipation • sedation • unconsciousness • coma • tolerance • dependence
Stimulants <ul style="list-style-type: none"> • amphetamines • cocaine • ecstasy/MDMA • methylphenidate • nicotine • caffeine 	<ul style="list-style-type: none"> • increased heart rate, blood pressure, metabolism • feelings of exhilaration, energy, increased mental alertness 	<ul style="list-style-type: none"> • rapid or irregular heartbeat • reduced appetite • weight loss • heart failure • dependence
Depressants <ul style="list-style-type: none"> • barbiturates • benzodiazepines 	<ul style="list-style-type: none"> • reduced pain and anxiety • feelings of wellbeing • lowered inhibitions • slowed pulse and breathing • lowered blood pressure • poor concentration 	<ul style="list-style-type: none"> • confusion • fatigue • impaired coordination, memory, judgement • respiratory depression and arrest • dependence
Cannabinoids <ul style="list-style-type: none"> • cannabis • hash 	<ul style="list-style-type: none"> • euphoria • slowed thinking and reaction time • confusion • impaired balance and coordination 	<ul style="list-style-type: none"> • cough • frequent respiratory infections • impaired memory and learning • increased heart rate • anxiety • panic attacks • tolerance • dependence
Other – includes: <ul style="list-style-type: none"> • hallucinogens such as LSD; dissociative anaesthetics (ketamine, PCP); inhalants (solvents, nitrites and other gases); steroids 	<ul style="list-style-type: none"> • various effects 	<ul style="list-style-type: none"> • various effects

Source: adapted from the US National Institute of Drug Abuse (NIDA) website. Information about alcohol has been added.